

Individual Best Times (All Time)

Lewis Adams - (778843) - Newcastle (Staffs) ASC - 50 Breaststroke - Short Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
33.52	412	H	15/07/18	Rotherham Metro A & B Grade SC	Sheffield	Cosacss	3
34.00	395	H	22/09/18	Rotherham Metro A & B Short Course Graded Meet	Sheffield	Cosacss	3
34.06	393	H	21/09/19	A and B grade Short Course Meet	Sheffield	Cosacss	3
34.22	387	H	08/04/18	COSACSS Y2K 2018	Stoke-on-Trent	Cosacss	3
34.24	386	H	07/04/19	City of Stoke on Trent SC (COSACSS) Y2K 2019	Stoke-on-Trent	Cosacss	3
34.27	385	H	22/12/18	Derventio Excel Christmas Cracker 2018	Braunston	Cosacss	3
34.32	384	H	09/02/19	Staffordshire ASA County Swimming Championships	Stafford	Cosacss	2
34.35	383	H	04/06/17	Preston Summer Spectacular 201 - L3 Open Meet	Darwen	Cosacss	3
34.39	381	H	11/06/23	Chase Summer Roebuck L3 Open Meet 2023	Wolverhampton	Newcastle St	3
34.45	379	H	01/02/20	Staffordshire ASA County Swimming	Stafford	Newcastle St	2
34.46	379	H	18/09/16	City of Stoke on Trent B Grade Open Meet	Stoke	Cosacss	3
34.46	379	H	22/12/19	Leicester Sharks Christmas County Qualifier	Pingles	Cosacss	3
34.47	379	H	17/09/17	COSACSS Derek Taylor Memorial Open Meet	Stoke on Trent	Cosacss	3
34.85	366	H	16/06/19	City of Stoke on Trent SC (COSACSS) Club Champs	Stoke-on-Trent		4
34.89	365	H	21/05/23	Newcastle Staffs SC Time Trials 2023	Newcastle under Lyme	Newcastle St	4
35.01	361	H	10/01/16	Rascals January Open Meet	Matlock	Cosacss	3
35.12	358	H	18/06/17	COSACSS Club Championships	Stoke-on-Trent		4
35.32	352	H	17/03/18	Thirty Fifth City of Derby Licensed SC Open Meet	Derby	Cosacss	3
35.34	351	H	19/06/16	City of Stoke on Trent Club Championships	Stoke		4
35.58	344	H	17/06/18	COSACSS Club Championships	Stoke-on-Trent		4
35.60	344	H	20/09/15	City of Stoke on Trent B Grade Open Meet	Stoke on Trent		3
35.74	340	H	11/02/17	Staffordshire ASA Championships	Stafford	Cosacss	2
36.15	328	H	10/05/15	Haden Hill 34th Annual Open Meet	Wolverhampton		3
36.33	323	H	26/06/16	Satellites of Macclesfield 29th Open Meet	Macclesfield	Cosacss	3
36.41	321	H	21/06/15	City of Stoke on Trent Club Championships	Stoke on Trent		4
36.60	316	F	15/11/14	Wigan BEST Future Stars Open Meet	Wigan	Cosacss	2
36.84	310	H	12/02/16	Staffordshire County Championships 2016	Stafford	Cosacss	3

36.04	310	H	13/02/16	Staffordshire County Championships 2016	Stafford	Cosacss	2
36.90	309	H	31/01/15	Staffordshire ASA County Championships	Stafford		2
37.04	305	H	01/03/15	City of Stoke on Trent Y2K 2015	Stoke-on-Trent		3
38.23	277	H	22/06/14	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
38.38	274	H	16/06/13	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
38.50	272	H	13/04/14	City of Stoke on Trent Y2K 2014	Stoke on Trent	Cosacss	3
38.55	271	H	27/07/14	City of Salford Summer Spectacular 2014	Wigan		3
38.79	266	H	11/01/14	North Midlands ASA Championships 2014	Macclesfield	Cosacss	3
38.79	266	H	11/01/14	North Midlands Age Group Championships	Macclesfield	Cosacss	3
39.07	260		24/11/13	Northgate PB Buster Gala	Wolverhampton	Cosacss	3
39.13	259	H	14/04/13	City of Stoke COSACSS Y2K 2013	Stoke on Trent	Cosacss	3
39.34	255	H	02/03/13	Staffordshire County Championships	Stafford	Cosacss	2
40.53	233		25/11/12	Northgate PB Buster Open Gala	Northgate	Cosacss	3
43.31	191	H	08/07/12	City of Stoke on Trent Club Championships	Stoke on Trent	Cosacss	4
46.46	154	H	03/07/11	City of Stoke On Trent Club Championships	Stoke On Trent	Cosacss	4

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